



2018-2019 Alpine Full Time Program

Ages 13-21, High School

Our nationally recognized alpine programs are designed for athlete participation in USSA and FIS events. Juniors compete in the Northwest Cup series, Junior Olympic qualifiers and Western Region FIS events. Full Time athletes benefit from the expertise of MBSEF's USSCA certified staff. Coaches coordinate five days per week of on-snow and dryland training aimed at developing each athlete to their fullest potential. Our staff aids in the selection and maintenance of equipment and help athletes manage their race starts and travel schedules. MBSEF staff travel to divisional, regional and national races providing race support to ensure top performance. Many of the athletes have enjoyed success at the regional and national levels. In addition, the MBSEF Alpine Team has had many athletes named to the US Ski Team and awarded college scholarships at NCAA schools. Full Time training is offered to USSA experienced athletes in high school.

Fall Dryland Schedule (Starts September 10)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30-5:30 Strength Conditioning	3:30-5:30 MBSEF TBD	3:30-5:30 Strength Conditioning	3:30-5:30 MBSEF TBD	3:30-5:30 Strength Conditioning	Off Or Skiing Mt. Hood	Off Or Skiing Mt. Hood

Winter On-Snow Ski Schedule (Starts November 17 Snow Permitting) through April 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Off	12:30-2:00 Strength or On-Snow	12:30-4:00 JRC On-Snow	12:30-4:00 JRC On-Snow	12:30-4:00 JRC On-Snow	9:00-2:30 JRC On-Snow	9:00-2:30 JRC On-Snow

Licensing (USSA & FIS): All Full Time athletes must purchase a USSA license. Applications can be found online at ussa.org. Your application must be received and processed by October 15 to avoid the late fee. Athletes planning to compete in FIS events must register with FIS, same webpage as above. The FIS early fee deadline is August 15 to avoid the late fee for the 2018-2019 season. USSA licensing must be completed before registering for a FIS license.

Early Release from School: Athletes in the Full Time training program need to arrange a school schedule that allows them to ski after lunch. Athletes should inform their school counselor that they will be participating in the MBSEF Full Time training program. The teachers, counselor, parents and coach will help coordinate schedules.

Lift Tickets: All participants will be responsible for their own passes or tickets. Purchase passes early through Mt. Bachelor to receive the largest savings. MBSEF athletes 13 years and older may purchase an MBSEF racer pass for potential savings, if unable to obtain a discounted pass early in the season.

Transportation: Athletes not using personal vehicles to drive to and from Mt. Bachelor need to sign up for seasonal van transportation when they turn in their program enrollment paperwork. Transportation can be scheduled mid-week and/or on weekends for a fee outlined on the Transportation Form. Transportation to and from race events is not included in the transportation fee, except for races at Mt. Bachelor.

For 2018-2019 registration forms visit

mbsef.org